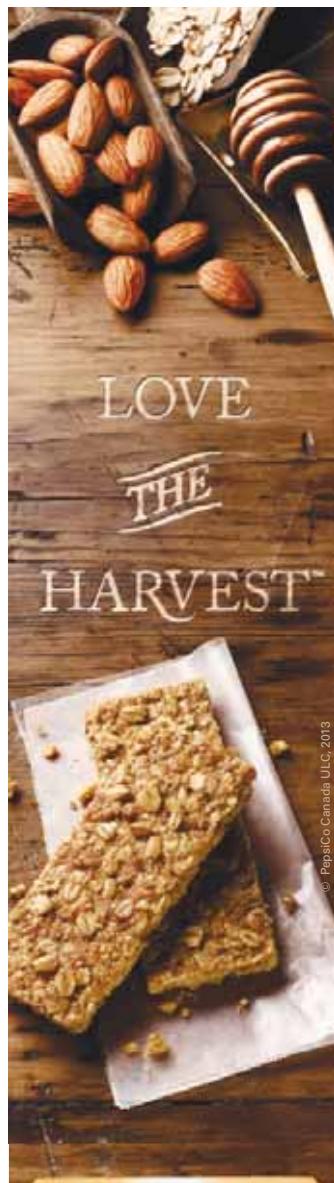


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PAGE 16

Friend 'creeped out' by accused

Teammate of deceased said husband displayed jealous behaviour

PAGE 6

Musical star in the skies

Astronaut bowed out of International Space Station with his own custom version of Bowie's Space Oddity

PAGE 8



Rowan Stringer, 17, moves the ball ahead during a game in the summer of 2012. The teen died from injuries during a home game on May 8 of this year. FACEBOOK

Ottawa teen dies after rugby hit

Rowan Stringer.

Family takes solace in lives saved through daughter's organ donations

A 17-year-old girl has died after receiving a hard hit during a high school rugby game in Ottawa last week.

Rowan Stringer, who attended John McCrae Secondary School and had been accepted into the nursing program at the University of Ottawa this fall, died Sunday

night from injuries sustained during a home game May 8.

Her father, Gordon Stringer, described his daughter as a strong athlete who began playing rugby last year after her high school started up a girls' team, following in the footsteps of an older sister who had played the sport a few years earlier.

He said Rowan was the high school team captain this year and loved to play, even though it could be rough.

"We have no qualms about the sport or anything. She loved it. We loved going to watch her and every-

thing," said Stringer, who was not at his daughter's final game last week.

"She was tackled and she hit the ground head first and the report that we got from a couple of her friends that were there that were watching at the time, she hit the ground awkwardly, her head and neck taking the biggest part of the impact and she actually did sit up for they said like one or two seconds, kind of put her hand to the side of her head and then she fell back and was unconscious and she never regained consciousness after that," Stringer said.

He described his daughter as a best friend and sister who loved life and loved to sing, even if she was not very good at it. He also said it was her mission in life to help people, first by going to nursing school, then by working to help children in Africa and then, finally, by signing her health insurance card to indicate she wished to be an organ donor.

"When we made the decision to stop interventions on Saturday, it was very easy for us to transition into going through the process of donating her organs, because that is exactly what

she wanted to have done," Gordon Stringer said.

"She already has, we found out this morning, helped at least six other people and their families, because of her gifts," he said.

He said her kidneys went to Sick Kids Hospital in Toronto, her lungs went to a young woman in Toronto, her pancreas also went to the city and her liver went to London, Ont.

"And her heart stayed here in Ottawa," said her father, as he began to choke back sobs, "which was nice to hear."

TORSTAR NEWS SERVICE/ WITH FILES FROM METROLAND NEWS SERVICE





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Money Mart robbed

Worker abducted from home at gunpoint

An employee at the Money Mart on Innes Road in Orleans says the business was robbed March 16 after he was abducted from his home at gunpoint and tied up inside the store. At 3 a.m., police said they got a call from the man after he was able to free himself and get to a phone and are now seeking the public's help in tracking down the crook.

The thief was able to make off with an undisclosed amount of cash and a witness reports seeing him flee the scene northbound on Belcourt Boulevard, police said.

GRAHAM LANKTREE/METRO

Traffic police crackdown

177 tickets issued on first day of Road Safety Week

Ottawa Police traffic officers issued 177 tickets as part of as part of Canada Road Safety Week. Speeding tickets made up the largest segment of tickets with 90 handed out, followed by 54 for vehicle documentation and equipment infractions, 29 for failing to stop at a stop sign, two for improper use of seatbelts and two for distracted driving. "Road safety is always a priority, but this week in particular, we try to change driving behaviour through education and enforcement," said traffic officer Const. Peter McKenna in a news release.

METRO



The Ottawa Convention Centre is attracting cash from out-of-town exhibitors, according to a report. SEAN MCKIBBON/METRO

Convention centre had \$100M impact

Economic boost.

Lucrative activity amounts means \$81.5 million toward Ottawa city's GDP

Quoted

"The total direct spending of these non-local visitors is estimated at \$94M."

Report released Monday

The Ottawa Convention Centre (OCC) attracted more than \$100 million in direct and indirect spending from conventions in 2012, according to a report released Monday.

The report, conducted by Ipsos Reid, used estimates based on secondary sources and numbers provided by

of the convention centre are included, the direct spending on convention centre events that draw out-of-town delegates is estimated just over \$100 million," the report reads.

That \$100 million means approximately \$81.5 million to the city's GDP, according to the report.

The report assumes the average convention delegate spends approximately \$814.56 on accommodations, \$375.43 on meals, and \$153 on shopping. Out-of-town exhibitors like to live it up just a bit more, spending on average of \$1,081.74 on accommodations, \$473.95 on meals and drinks, and \$112.46 in shopping.

Hey big spender

Food and housing sectors lead the way

The biggest-spending conventions, according to the OCC, are accommodation services (\$27 million), the food-and-beverage industry (\$8.1 million) and other financial services, including real estate and insurance industries (\$6.6 million).

METRO

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NEWS



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Casino bout pits Ottawa fighters against international challengers

Friday night fight.

Boxers look to make noise in hometown, but is anybody listening?



GRAHAM
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graham.lanktree@metronews.ca

A Las Vegas-style bout at the Hilton Casino Lac-Leamy promises to cement the reputations of two Ottawa boxers and redeem the career of a third Cornwall champ this Friday, but getting recognition in their hometown is an uphill battle.

"Andy Gardiner fights at the Bell Centre in Montreal, everybody knows who he is, but try to get him noticed in his own town," lamented trainer Eric Belanger Monday at his gym Final Round Boxing in Chinatown. "If it's not hockey



Gatineau's Pascal Villeneuve trains for a fight at the Hilton Casino Lac-Leamy Friday alongside Ottawa's Andy Gardiner in the background. GRAHAM LANKTREE/METRO

or politics, it's a tough city to appeal to."

Yet Gardiner is the main event, said Belanger. "He's fun to watch. He's an old-school throwback. You could hit him

in the head with a Volvo and he won't blink."

In the past year as a pro boxer, Gardiner has won all seven of his fights and will be pushed to the edge of his abilities as he

goes up against the Dominican Republic's Emilio Cayetano, who boasts 21 wins and only five career defeats.

"I'm going to add another loss to his record," said Gar-

diner as he trained for the eight-round fight Monday. "From what I'm told, he's got good power, he can hit, but he's not the slickest boxer in the world."

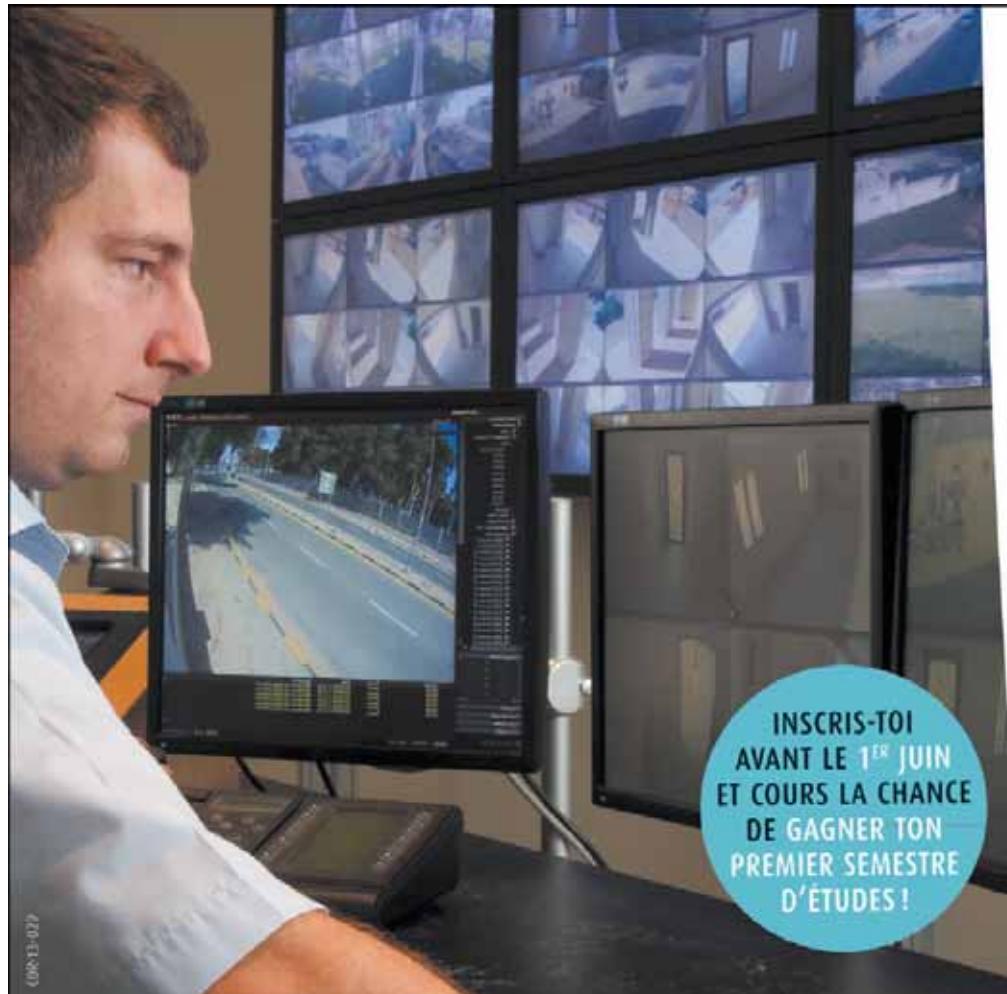
The card

On the fight card Gardiner will be joined by Gatineau's Pascal Villeneuve and Tony Luis of Cornwall, who hopes to land a win after losing to Jozé Hernandez in his first TV appearance on ESPN's Friday Night Fights in January.

- Tickets for Friday's fight at the Hilton Casino Lac-Leamy start at \$60.

The game plan

"I'm just going to take it to him and not let him get into a rhythm. I like to get right into the guy's chest, don't give him any room to breathe." Boxer Andy Gardiner



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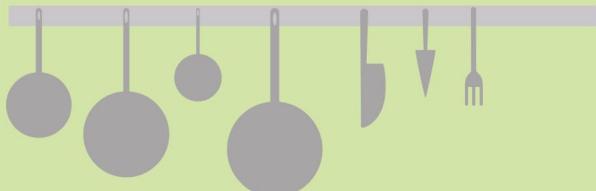
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Police

DART team gets renewed funding

A special six-person team within the Ottawa Police Service's guns and gang section has received \$1.2 million in provincial funding for the next two years.

Staff Sgt. Mark Patterson said the provincial funding will cover most of the Direct Action Response Team's (DART) budget. Patterson, who heads up the guns and gangs section, said the unit has made a real impact since its inception in 2009.

"These guys do suppression and enforcement, but it's (also) community mobilization," Patterson said.

"It's targeted enforcement, but because we have such a rapport with the community, they're able to provide information to us." **METRO**

Government money

Wheelchair-hockey league gets \$5,900

Ottawa Power Wheelchair Hockey League (OPWHL), a local recreational and competitive floor-hockey program for people with disabilities, is doubling in size and getting new equipment thanks to a funding boost from the provincial government.

The Ontario government is investing \$5,900 in the league through the Ontario Trillium Foundation, Ottawa West-Nepean MPP Bob Chiarelli announced Monday.

The funding will help the OPWHL grow to four teams. The OPWHL was established by Carleton University students in 2009.

METRO



Donna Jones, left, is seen here in this 2006 photo taken in Orlando, Fla., with her friend Melissa Lavery, who testified that she grew scared of her husband Mark Hutt before her death in 2009. **POLICE HANDOUT/FACEBOOK.COM**

Friend 'creeped out' by accused murderer

ing Jones with boiling water and leaving her to die in the basement of their west-end home in 2009. He has pleaded not guilty to first-degree murder, but pleaded guilty to the lesser offence of criminal negligence causing death.

Lavery, who befriended Jones in 2005 on a soccer field, told the jury of two striking moments when her friend told her about unusual behaviour from Hutt.

Both incidents happened in the summer of 2006 following the couple's engagement.

Lavery said she received phone calls from Jones shortly after each incident.

Once Jones told her Hutt accused her of having sex with another man because she went to have a shower, Lavery said.

"He said, 'You must have taken a shower because you were cheating on me,'" recalled Lavery. "I was upset she had to go through that."

The other incident was

when Hutt apparently put a gash through pictures of Jones' ex-boyfriends in her photo albums.

Lavery said she was shocked to hear what Hutt had done.

"I told her, 'You're a grown woman. You're allowed to have past relationships.'

After the shower incident, Lavery said she could tell by the tone of Jones' voice she was angry at Mark. But after the photo incident, she said, she sounded scared of him and was crying frantically.

"When I got the call I thought someone had died," she said.

Her description of bruises on Jones' arm in the shape of a handprint matched that of two other witnesses who testified Monday. Jones brushed it off or came up with an excuse, they testified.

"I felt she was lying to me," said Lavery. "She wasn't able to look me in the eye."

The trial continues Tuesday.

NCC. Gifts for service to cost about \$15,000 a year

What to get for that long-standing National Capital Commission bureaucrat who has everything?

That's the question the NCC aims to sidestep by contracting out its "service-recognition program," which awards longtime bureaucrats with gifts ranging from \$25 to \$400.

The NCC is looking to spend up to \$66,000 over four years for a company to provide suitable service-recognition gifts, like watches or jewelry, for

their employees.

The document says that "eligible employees are awarded gifts for years of service once each year (at the annual picnic in June), in five-year intervals, starting at five years of service."

"Based on data about the NCC's current workforce, we estimate that spending could be around \$15,000 annually."

The NCC has been contracting out recognition gifts for the past 10 years.

ALEX BOUTILIER/METRO

Jackpine. Design firm seeks new digs, will pay

A design firm that traded office space in Little Italy for branding for the building's owner has hired so many employees after only two months it's looking for a larger space — and this time they are willing to pay cash.

In two short months the firm has grown from three employees to 10.

In early March Liam Mooney, principal of firm Jackpine, told Metro about his trouble finding office space and his

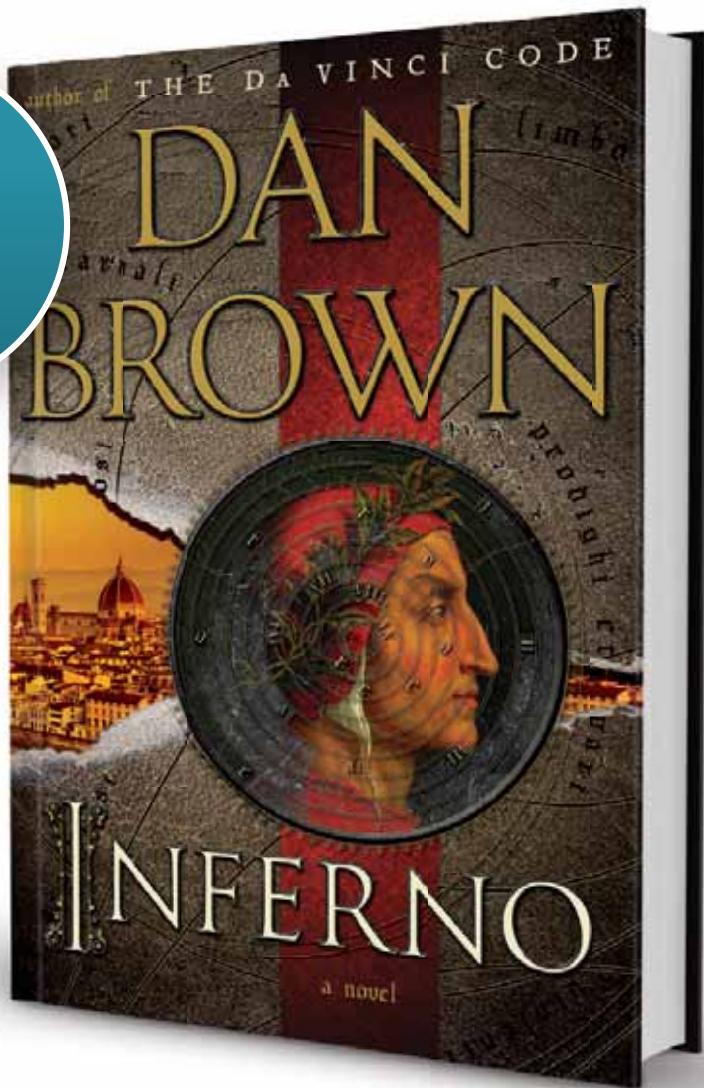
quest for a non-traditional arrangement in which he could trade design work for a place to grow his business.

"A lot of times these things just aren't listed," he said sitting at a large table that was traded to the firm by Chinatown secondhand shop HighJinx.

"In terms of the space itself, it's important for us that we go somewhere where our imagination can take root," he said. **GRAHAM LANKTREE/METRO**

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Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. CHRIS HADFIELD, NASA/THE ASSOCIATED PRESS

Singing spaceman sets sail for home

Earthbound. Astronaut Chris Hadfield puts out first music video made in space prior to return

In a high-flying, perfectly pitched first, Canadian astronaut Chris Hadfield bowed out of orbit with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

The Sarnia, Ont.-born Hadfield posted his farewell just before his departure from the International Space Station, concluding a five-month mission where his use of multi-media tools earned him an international audience.

His return aboard a Russian Soyuz capsule, along with American Thomas Marshburn and Russian Roman Romanenko, was set for Monday in Kazakhstan at 10:30 p.m. EDT.

"It's just been an extremely fulfilling and amazing experience end to end," Hadfield, 53, told Mission Control on Monday.

Hadfield, an engineer and former test pilot from Milton, Ont., became the first Canadian in charge of a spacecraft.

He also became a media darling on this trip, his third to space.

He published hundreds of photos of Earth; gained more than 850,000 Twitter followers; talked to schoolchildren; and provided videos about daily life on the orbiting lab.

Even before releasing his Bowie cover, he had shown off his musical skills in recent months. He sang often in orbit and even took part in a live Canadian coast-to-coast concert in February.

While Hadfield will be remembered most for the photography and music, his main task in space was performing over 100 science experiments. In those experiments, he examined changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Once Hadfield lands, it will be at least three years before the next Canadian astronaut visits the space station.

THE ASSOCIATED PRESS

[Learn more](#)

For the latest on his return to planet Earth, head to [metronews.ca](#).



Online

A bitter-tweet goodbye

Chris Hadfield @Chris_Hadfield
Spaceflight finale: To some this may look like a sunset. But it's a new dawn. [pic.twitter.com/VgjUjhEN](#)
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TWITTER SCREEN GRAB

By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Rehtaeh Parsons. Goals, methods set for review of school board's actions

The panelists reviewing how the Halifax Regional School Board handled the Rehtaeh Parsons case said they will not "name names" but hope to make policy recommendations to "prevent something like this from ever happening again."

Panelists Debra Pepler and Penny Milton released the interim report Monday, which outlines their methods and goals for the review.

Parsons, 17, took her own life in early April, two years after she was allegedly gang-raped and then bullied over a photo of the incident.

Milton said the panel will attempt to answer 10 questions related to policies, training and guidelines respecting bullying, cyberbullying and sexual violence.

In order for people to be as open as possible, all interviews will be anonymous.

"We ... (are) looking at the



Rehtaeh Parsons FACEBOOK.COM

issues from all the different vantage points ... and we want to hear the complexity of their experience," said Milton, a former CEO of the Canadian Education Association.

The review will not establish the facts of Parsons' case because of the current police investigation.

"That's not the core of our mandate," Milton said.

HALEY RYAN/METRO IN HALIFAX

Depression. Doctors told regular screening may do more harm than good

Family doctors are being advised against routine screening for depression among patients who have an average risk of the mental health disorder or no apparent symptoms.

The Canadian Task Force on Preventive Health Care issued the updated guideline Monday, saying there is little evidence in the medical literature to support routine screening of all patients and suggesting it could do harm in some cases.

Dr. Michel Joffres, chair of the task force's depression-

Benefit not proven

"The task force places a high value on clear evidence — and we don't have it."

Dr. Michel Joffres of the Canadian Task Force on Preventive Health Care and professor of health sciences at Simon Fraser University

guideline working group, said mass screening could lead to patients feeling stigmatized or labelled, and some being misdiagnosed and unnecessarily treated.

THE CANADIAN PRESS

Beheaded, ate victim

Greyhound killer set for more liberty

A man who beheaded and cannibalized a man on a Greyhound bus in Manitoba is likely to get more privileges soon — something his victim's mother says should never happen.

Vince Li, 45, has stopped having hallucinations, has been a model patient and is ready for more escorted passes into the community, his psychiatrist said Monday.

THE CANADIAN PRESS

Immune to antibiotics

Rate of superbugs 'substantial': Study

About one in 12 adults in hospitals across Canada are either carrying or infected with a superbug, the first national survey on the prevalence of antibiotic-resistant organisms has found.

Canada has a lower prevalence of cases than the U.S., but the rates exceed those in such countries as Sweden and Denmark.

THE CANADIAN PRESS

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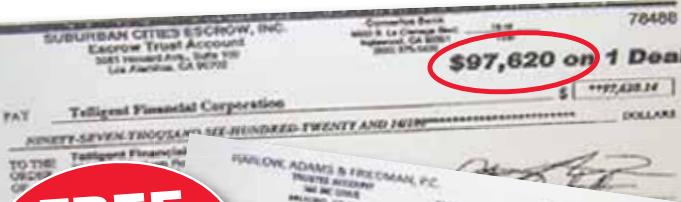
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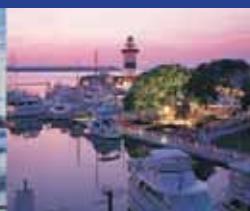


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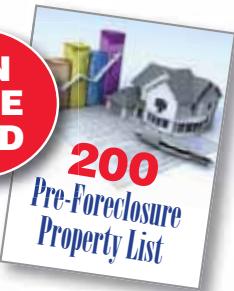


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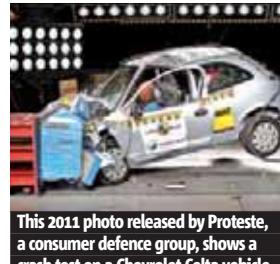
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Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in



This 2011 photo released by Proteste, a consumer defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

many cases shouldn't have proven fatal.

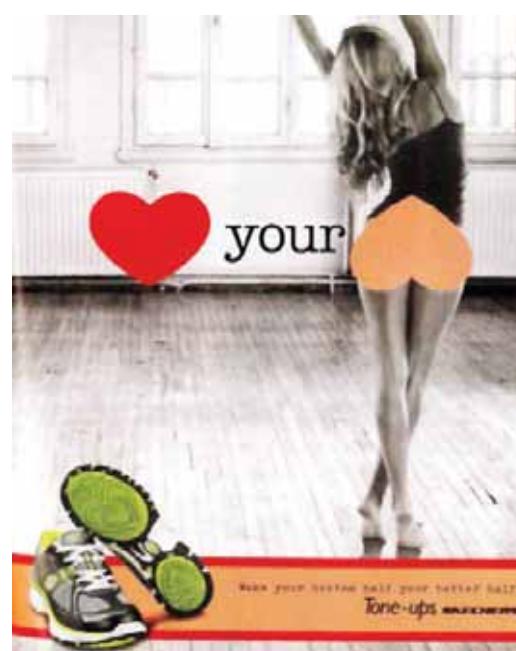
The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the

industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost \$40M

A federal judge in the U.S. has approved a \$40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Pod-ded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heine will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.91¢ (+0.02¢)

TSX
12,529.55 (-59.54)

OIL
\$95.17 US (-87¢)

GOLD
\$1,434.30 US (-\$2.30)

Natural gas: \$3.94 US (+3¢)
Dow Jones: 15,091.68 (-26.81)

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Sometimes the answer to business success is a question...

YOUR SNEEZE HAS A SILVER LINING

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to



SHE SAYS
Jessica Napier
metronews.ca

make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves bookmarking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines

in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come

with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitive sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

A fish's final moment



DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long

Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." **METRO**

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

Marek vs. Wyshynski

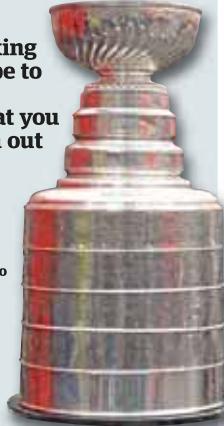
Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.



Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

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SCENE

metronews.ca
Tuesday, May 14, 2013

SCENE 2

The future of television

Power to the people.

You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH
BRAW

Metro World News

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show



More people are tossing their remotes and reaching for their tablets. iSTOCK

for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can

already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be

directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Three companies to watch

These companies are pushing the boundaries of entertainment.

• **Twitch:** Online gaming ESPN-style. On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."

• **Earbits:** Spotify for garage bands. Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."

• **Vine & Keek:** Top sites for social videos. Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favourite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. But as soon as one website is shut down, another one pops

up. Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN



Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular,"

says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."

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DISH

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Of pills and pounds: Lohan scared of the scales without meds?

Lindsay Lohan is reportedly not adjusting too well to her new digs at the Betty Ford Center, but she'll be in even bigger trouble if she doesn't stay put, according to Radar Online. Sources say Lohan is threatening to bail on the rehab facility and continue her court-ordered stint elsewhere because doctors there allegedly refused to let her take the prescription drug Adderall. "Lindsay is absolutely freaking out about the prospect of gaining weight now that Adderall has been taken away," a source says. "Lindsay has been able to eat whatever she has wanted and not gain weight for years, and she attributes this to Adderall." But a change of venue is definitely not in the cards, another sources explains. "The judge overseeing Lindsay's case has made it crystal clear that if she defies the agreement, it's jail time," the source says.



Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream,

she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Just a single baby? Will Beyoncé be touring with bun-two in the oven?

THE WORD
Dorothy Robinson
scene.metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for

clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.



Kiefer Sutherland

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the

12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland. "To have the chance to reunite with the character, Jack Bauer, is like finding a lost friend. The story ideas from Howard Gordon are exciting and fresh and will not disappoint."

NED EHRBAR, MWN IN HOLLYWOOD



Jessica Simpson

Shut the ex up: Lachey's laughs not so funny to Simpson

Jessica Simpson is reportedly livid with ex-husband Nick Lachey for gay jokes he made about her dad, Joe Simpson, during a visit to Bravo's Watch What Happens Live, according to Radar Online. Lachey told host Andy Cohen, "The best thing about not having Joe Simpson anymore as a father-in-law is I don't have to play grab-ass under the table on Easter Sunday." He later clarified

he was joking about Joe touching him inappropriately. "It may not be [funny] tomorrow, but it is tonight," he said. Jessica apparently agreed about the first part, at least. "Jessica was shocked and horrified that Nick said what he said," a source explains. "She's upset. Nick might have thought it was funny and he got a cheap laugh, but to Jessica it wasn't. At all."

Twitter



@rustyrockets

Uncomplicated relationship with narcissistic free-loader who's scratching himself on my belly



@MARLONWAYANS

I have a lot of fun chilling with ME. I'm a lot of fun. Some people need company... I just need me. #iloveyoume



@WhitneyCummings

You guys, "selfie" is a word now that we just use like it's okay or something





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WELLNESS

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LIFE

Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH
ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwave-shape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the



left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until



parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 2

Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. That's one rep. Continue repeating.



Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to



the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 5



High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.



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Avoid alcohol with diet pop?



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Opting for a diet mixer may cut calories, but a study published recently found it may make you more drunk.

U.S. researchers had male and female participants consume one of three drinks within 10 minutes: vodka and regular citrus pop, vodka and a diet version of the pop, or a placebo drink (regular pop with no alcohol). Afterward, researchers recorded breath-alcohol concentration (BrAC) and were also given a reaction-time test, and reported their feelings of intoxication and willingness to drive.

The results?

Having the diet-pop mixer resulted in an 18

per cent higher BrAC than the regular pop mixer and alcohol. Scores on the reaction-time task were also worse, but the participants weren't aware of differences in impairment.

According to the study's author at Northern Kentucky University, the stomach treats sugar-sweetened beverages similar to food, keeping them in the stomach longer, while alcohol mixed with diet pop speeds through the digestive system faster and enters the bloodstream faster.

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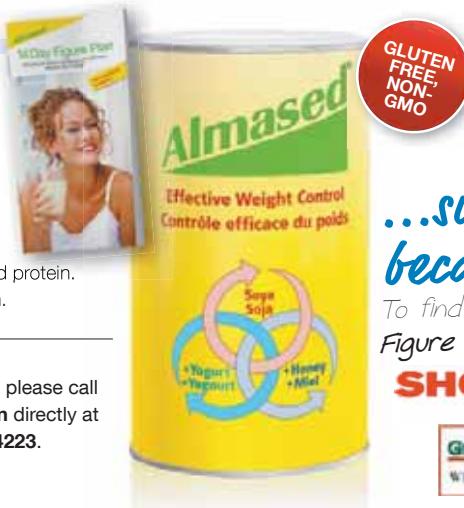
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Balance sweet mangoes with staple Mediterranean flavours



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
For more, visit
rosereisman.com or follow
her on Twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

1. Toss greens, endive, radic-

Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled

Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

chio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Chive jive



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.

- Mince chives and add to pancake batter to create a savoury side dish.

- Add to scrambled eggs.

- Blend into softened butter and freeze in teaspoonsfuls, top a sizzling steak with a dollop.

- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Quinoa, Spinach and Shiitake Salad



1. In saucepan, bring chicken broth to a boil. Stir in quinoa and contents of seasoning pouch. Reduce heat to low, cover and simmer 15 minutes or until tender. Remove from heat; let stand, covered, for 5 minutes. Fluff with a fork.

2. In frying pan, heat oil over

medium heat; cook shallots and red pepper 6 minutes, stirring occasionally, or until lightly golden and softened. Stir in mushrooms; cook, stirring occasionally, for 6 to 8 minutes or until mushrooms have released their juices and are starting to turn golden. Add vinegar; cook, stirring to

bring up browned bits, for 1 minute. Stir in spinach; cook, stirring, for 2 minutes or just until wilted. Stir in salt and pepper. Remove from heat.

3. In large bowl, toss quinoa with warm spinach mixture. Serve sprinkled with feta.

NEWS CANADA/PC.CA

Ingredients

- 2 cups (500 ml) chicken broth
- 1 pkg (225 g) PC Organics Roasted Garlic and Fine Herbs Quinoa
- 2 tbsp (25 ml) olive oil
- 1/2 cup (125 ml) thinly sliced shallots
- 1/2 cup (125 ml) finely chopped red pepper
- 6 oz (180 g) shiitake mush-

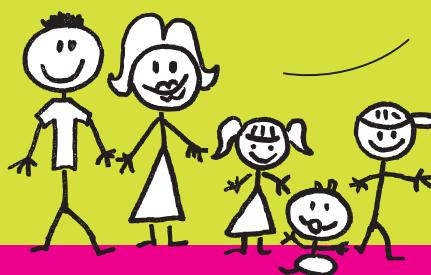
rooms, stems discarded and caps thinly sliced

- 3 tbsp (45 ml) red wine vinegar
- 1 pkg (142 g) baby spinach
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/4 cup (50 ml) crumbled feta cheese

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AND CHEAPER



come see
for yourself

Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

THERESA ALBERT AND JAMESON RATCHFORD
life@metronews.ca

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dish-

es, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barreling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has

lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

TERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!



Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

A memoir

Some Confessions of a Fairy's Daughter

Writer Alison Wearing was 12 when she learned her father was gay. She was sitting in her family kitchen in Peterborough, Ont., when her mother, who was unloading the dishwasher, broke the news to her.

It was a bombshell that had only dropped on her mother just a few months prior, when she found a love letter her husband had written to a man he was having an affair with — on their son's ninth birthday.

"My dad had been on sabbatical in Germany and he had come back and he was just sort of (acting) funny and she said he was preoccupied with this letter," the author of the newly released memoir *Confessions of a Fairy's Daughter* said in a recent interview.

"He was sitting outside in the backyard just writing this letter, writing frantically, and after he went out, she went and found the letter and that's

how she found out."

As *Confessions of a Fairy's Daughter: Growing Up with a Gay Dad* explains, Wearing understands why her father had to deceive them. After all, it was 1980 and homosexuality was still taboo. Coming out could have meant he would never see his three children again.

"(Mom) would have had legal support for that position at that time, so I can understand him (thinking), 'Maybe tomorrow, or maybe next week I'll tell her. Maybe once I get back from sabbatical,'" said Wearing, who lives in Stratford, Ont.

"I can understand why that just never happened for him. He never found the right time."

Wearing writes in a poetic, humorous and heartfelt style about her now-77-year-old dad Joe, her family and herself. She changed most of the names in the book for privacy reasons.

Her mom was a marathon runner and concert pianist while her dad was a professor of political science who loved to cook, garden and conduct choirs. He was also a devoted Liberal and big fan of Pierre



Alison Wearing.

GEOFF ROBINS/THE CANADIAN PRESS/HANDOUT

Trudeau, who — as Wearing touches on in the book — befriended her in the last 10 years of his life.

Wearing's parents had great respect for each other and never fought. She and her brothers felt everything was fine between them, even when their dad began spending more time away from home.

"The thing is, my dad wasn't miserable at home," said Wearing, whose first book was the travel memoir *Honeymoon in Purdah: An Iranian Journey*.

"We had a pretty great life. We had a lot of fun and there was a lot of love in my family. It just wasn't the traditional heterosexual kind of love."

THE CANADIAN PRESS

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WEALTH OF TALENT AND PASSION

STUDY FINDS THAT BUSINESSES ARE KEEN ON HIRING SUMMER STUDENTS

According to a recent BMO Bank of Montreal survey, half (51 per cent) of Canadian businesses are planning to hire students or recent graduates this year.

"We've seen more companies investing in employee training and development — in conjunction with creating long-term plans — which will help business owners ensure they have a supply of talented employees who are prepared to drive performance," said Steve Murphy, senior vice-president, commercial banking, BMO Bank of Montreal.

One-third (30 per cent) of employers plan to take on a paid summer student, the survey found, while one-in-five (21 per cent) plan to hire a recent graduate as a permanent employee.



ISTOCKPHOTO/THINKSTOCK

Murphy added that since many students are currently looking for summer employment it's encouraging to see so many Canadian companies with a noticeable appetite to hire students or recent graduates.

"These organizations recognize that this group of Canadians bring a wealth of

talent and passion into the workforce."

The survey found that business/financial (37 per cent), retail (25 per cent) and construction (22 per cent) companies are the most likely to hire a recent graduate as a paid intern.

The service and manufacturing sectors are the most likely (35 per cent) to hire

CORRECTION

In the April 9 Learning Curve, the University of Toronto photo was taken by Brandon Chu.

a paid summer student, followed by the agricultural sector (34 per cent)

Employers in the manufacturing industry are the most likely (25 per cent) to hire a recent graduate as a permanent employee, followed by the services (24 per cent) and retail and business/financial (23 per cent) industries

"Students and recent graduates are brimming with ideas and fresh perspectives that add value for our customers and our business," said Lynn Roger, chief talent Officer, BMO Financial Group. "When they start their career at BMO — through a summer job or a more permanent role — they bring ambition and excitement, and we offer opportunities to grow in ways that are important to them, in a culture where they can truly meet their goals."



ISTOCKPHOTO/THINKSTOCK

DEVELOP NEW SKILLS WITH CREWW PROGRAM

The management development program for women (MDPW) is a part-time professional program offered by the Centre for Research and Education on Women and Work (CREWW) housed in the Sprott School of Business, Carleton University.

The program provides working women with an opportunity to develop their management and leadership skills in a supportive environment, while having an opportunity to discuss the particular challenges that women face in management.

"The biggest challenge women face is stereotypes," says Dr. Lorraine Dyke, director, Centre for Research and Education on Women and Work (CREWW) and associate professor, management and strategy, Sprott School of Business, Carleton University. "Stereotypes keep women from being considered for certain kinds of jobs, stereotypes affect how women's behaviour is evaluated, and stereotypes undermine women's self-confidence."

The program meets for three con-

secutive days once per month for nine months and covers all functional areas of business. The program is designed to facilitate the transfer of learning from the classroom to the workplace.

To find out more, an information session will be held May 21 from noon to 1 p.m. Also, join in on the RBC Foundation Women in Management Speaker Series on May 13. To register for either event or for more information, please contact Cathleen Schmidt at 613-520-2650.

Launching Women into Leadership

Management Development Program for Women

Professional part-time program. Bursaries available.

Information Session, Monday, May 21, 2013
For more information, please call 613-520-2650.

www.sprott.carleton.ca/mdpw/



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CGA Ontario's flexible online learning environment makes it easy for students to be in control of their education and, ultimately, their career.

"Becoming a CGA puts you on the fast track to building an exciting career with strong earning potential, whether you work for a company or as your own boss," says J.D. Clarke, senior vice-president of CGA of Ontario.

"CGAs are in the top five per cent of income earners in Canada and 95 per cent of them say their CGA designation was a key to their success."



ISTOCKPHOTO/THINKSTOCK

Clarke says CGAs build their careers on a strong foundation of accounting and financial knowledge — and they understand how to apply that knowledge to see opportunities and provide solutions throughout the business.

The CGA program of professional

studies is designed to give students the ability to do more in their accounting careers.

Once enrolled, students will learn to analyze financial information, tackle complex management issues and implement corporate strategies.

They will also combine accounting principles with critical thinking in order to meet the diverse needs of any organization, from start-ups to multinational corporations, from high-tech to not-for-profit.

"It gives you the skills and freedom to find a rewarding job at any organization, anywhere in the world," Clarke says.

CGA Ontario's learning environment is interactive — like a traditional classroom, students receive feedback from their instructors and peers. They are immediately connected with colleagues with diverse experiences, and this can greatly enhance their learning process and experience, opening their mind to a variety of viewpoints.

Clarke says a CGA must have a degree from a recognized university or college. Students who don't have one have the option to complete a degree at the same time as their designation.

For more, visit cga-domore.org.



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We see more than numbers.

It could be a hot stock summer ... or not

Alison on money.

Thinking about selling your stocks and getting back in the market in November?



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.



Market timing doesn't always work out. Will this be a summer from hell? ISTOCK IMAGES

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh.

Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react.

So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alison.griffiths.ca



Digital assets

Protecting your digital footprint

What happens to your digital assets when you die?

The management of virtual estates, including online properties such as email accounts, blogs, social media accounts and other web-based services, is a new and emerging field of law.

In Canada, there are currently no specific laws related to virtual estates. There are some consumer protection laws that could be applied.

It may seem daunting to map out your digital footprint (especially if you are a heavy e-commerce or social media user).

A few practical questions can help you get started and ensure your online property is protected:

- Which types of digital assets do you possess?

Virtual assets can be divided into three categories: First, accounts with virtual property such as music, movies and photos; second, accounts with real currency such as online bank accounts, online payment tools, and paid music downloads or video streaming services; and third, accounts with personal information such as social media

sites and online gaming accounts.

- Where are your accounts located? Create a list of all of the online accounts you hold.
- How can an executor or estate trustee access your accounts?

"It is important to save information about your virtual estate in a way that can be safely and securely passed on to an executor or estate trustee when that time comes," says Ray Leclair, vice-president of public affairs at LAWPRO.

A lawyer can advise on strategies to manage and pass on your online properties.

When choosing an estate trustee or executor, it might be in your best interest to choose someone who is comfortable with technology — especially if you have an extensive digital presence such as a small e-business or a blog that generates income.

Be sure to provide detailed instructions for your executor on how you want these assets dealt with.

Speaking with a lawyer about your digital assets and having these items included in your will or power of attorney documents can help simplify the potentially complex and confusing transfer of your virtual estate, and also help to safeguard your digital legacy. **NEWS CANADA**



If you have a strong digital presence, consider choosing an executor who is comfortable with technology. ISTOCK IMAGES



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Together we can help all kids play



Senators all right with proving doubters wrong

NHL playoffs. Ottawa loaded with confidence heading into Round 2 after upset win over Habs

The Ottawa Senators have proven they can get results as an underdog. They have overcome long odds this season and are coming off an impressive series victory over Montreal.

The next challenge is a big one but the Senators are ready and loaded with confidence.

Ottawa will face the top-seeded Penguins in the Eastern Conference semifinal beginning Tuesday night in Pittsburgh. The Senators, who knocked off the second-seeded Canadiens, will need a strong team effort and solid goaltending to compete with the Pens.

"I'm sure everyone's writing us off to lose this round, I'm assuming," said Marc Methot. "It's an opportunity for us to prove a lot of people wrong and see if we can create an upset."

Pittsburgh is loaded with star players but the one area the Senators may have an advantage is in goal. Craig Anderson was clearly the difference for Ottawa in the first round and he'll be counted on again

Special effort required

"They're strong five-on-five, but their penalty killing is good and their power play is among the best in the league, so it lets us know that we have to be smart."

Senators captain Daniel Alfredsson on the Penguins' formidable special teams play. Pittsburgh has the best power play of all playoff teams with a 33.3 per cent success rate.

against the Pens.

The Senators have also displayed an offensive spark of late along with a willingness to get physical.

"Once you're here you don't think anything is impossible and we believe that," said Ottawa captain Daniel Alfredsson. "We think we can give a Pittsburgh team a tough run and even win this series. We also respect them and their abilities and what they've shown this year and it's going to take an effort from everybody to have a chance."

Star forwards Sidney Crosby, Evgeni Malkin and Jarome Iginla lead a deep Pittsburgh lineup that's coming off a six-game win over the New York



Senators coach Paul MacLean goes over strategy at practice on Sunday. The Sens' second-round series with the Penguins — the Eastern Conference's top seed — gets underway Tuesday night in Pittsburgh. FRED CHARTRAND/THE CANADIAN PRESS

Islanders. The Senators will need to contain that explosive offence if they have any hope of keeping the series close.

"With their skill we can't give them too many odd-man rushes or it's not going to be pretty," Alfredsson said. "We expect to play the same way,

pretty straight-forward, physical game, but at the same time stay out of the (penalty) box."

The Senators wore down a number of Montreal's forwards with their physical play and will be looking for a repeat performance.

"People need to know that

when you're playing against great players it's not always easy to be physical against them," said Methot. "They're good for a reason and don't put themselves in vulnerable positions where they'll take big hits. It's going to be tough."

THE CANADIAN PRESS

Setting the stage for another upset



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

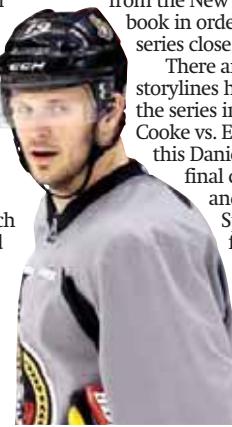
The Ottawa Senators not only dispatched the second-seeded Montreal Canadiens in five games; they did so with authority, winning the battles on and off the ice. Eric Gryba's hit on Lars Eller set the tone. Untested rookies filled the net and Craig Anderson provided his customary stellar netminding. Behind the scenes, coach Paul MacLean appeared to distract his counter-

part Michel Therrien with witty barbs.

Their reward, a second-round matchup with the Pittsburgh Penguins. It will be a monumental task to upend the Eastern Conference No.1 seed. However, the Senators hope they can take a page from the New York Islanders' book in order to keep the series close.

There are several other storylines heading into the series including: Matt Cooke vs. Erik Karlsson; is this Daniel Alfredsson's final curtain call?; and will Jason Spezza enter the fray? And just maybe there will be a Hollywood ending for the underdogs.

So how can the Senators win?



The possible return of Sens centre Jason Spezza looms as a big storyline heading into Round 2.

FRED CHARTRAND/
THE CANADIAN PRESS



More of the same

Not that Anderson needed more confidence, but the Park Ridge, Ill., native finally got over the hump by winning his first playoff series. Anderson's top-notch goaltending gives his team an opportunity to win every game. Snubbed in Vezina Trophy balloting, the third-year Senator completed Round 1 with a stunning .950 save percentage.

Pageau, Pageau, Pageau, Pageau, Pageaaaaaaaaau!

Upon netting his Game 3 hat trick, rookie Jean-Gabriel Pageau was serenaded to the tune of "Ole." Six Sens freshman played in their first post-season matchup combining for seven goals and eight assists. Mika Zibanejad and Cory Conacher played like veterans in Game 4, netting third-period goals. Sens fans have to hope they don't get starstruck lining up against the likes of Sidney Crosby and Evgeni Malkin.



Beauty and the Beast

Other than the Chicago Blackhawks, there may not be another NHL blue-line that can be counted on as much offensively, while keeping opposing forwards at bay. Erik Karlsson managed six points in five games, despite not playing at full strength. Even Marc Methot got into the act with five points. However, it was the brute force of Jared Cowen, Eric Gryba and Chris Phillips that wore down the Canadiens' forwards.

4
SPORTS

Team Canada caps prelims with narrow win

World championship.

Swiss could steal first place with point Tuesday versus Belarus

A lapse of concentration in their most recent game aside, the Canadians have melded into a contending team at the IIHF World Championship on

little preparation.

Canada heads into Thursday's quarter-final game with firepower on offence, an improving blue-line and goaltending capable of getting wins.

The quarter-final has been Canada's stumbling block in this tournament, with losses in the last three consecutive years.

"We realize that," forward Steven Stamkos said. "The last three years, I think, have been

Stockholm group

Sweden will finish third in Canada's pool. Tuesday's game between the Czech Republic and Norway will determine fourth place.

early exits and it's not going to get any easier."

Canada awaits the conclu-

sion of the preliminary round Tuesday to confirm its quarter-final opponent. Montreal Canadiens defenceman P.K. Subban was added to the team Monday and will play in the quarter-final.

A 4-3 overtime win over relegated Slovenia on Monday gave Canada 18 points from five wins, an overtime win and a shootout loss in the round robin. **THE CANADIAN PRESS**



Steven Stamkos tries to slide the puck past Luka Gracnar. **THE CANADIAN PRESS**

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NFL

Buffalo Bills GM Nix calls it quits

Not getting any younger, and confident he's put in place a young foundation capable of turning the Buffalo Bills into a winner, Buddy Nix called this the right time to step down as GM on Monday.

"I think at some point, you've got to step aside and let young guys ... have their shot," Nix said during a news conference after a voluntary minicamp practice. "I never put timetable on it. I always felt like I'd know when it was the right time."

THE ASSOCIATED PRESS

NHL awards

NHL names top GM finalists

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

In his first season as an NHL general manager, Bergevin guided the Canadiens to the Northeast Division title. Montreal was also the league's most improved club this season, earning the No. 2 seed in the Eastern Conference.

THE ASSOCIATED PRESS

Heat burn Bulls for 3-1 lead

Heat forward LeBron James goes up for a shot against Bulls forward Jimmy Butler during Game 4 of the Eastern Conference semifinal on Monday in Chicago. James had 27 points, seven rebounds and eight assists to lead the Heat to an 88-65 win and a 3-1 series lead.

NAM Y. HUH/THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

Taurus

April 21 - May 21

There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

Gemini

May 22 - June 21

You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

Cancer

June 22 - July 23

Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

Leo

July 24 - Aug. 23

You are finding it hard to focus on one specific thing – your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

Virgo

Aug. 24 - Sept. 23

If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

Libra

Sept. 24 - Oct. 23

Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

Scorpio

Oct. 24 - Nov. 22

You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

Gemini

May 22 - June 21

Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

Capricorn

Dec. 22 - Jan. 20

You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

Aquarius

Jan. 21 - Feb. 19

Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

Pisces

Feb. 20 - March 20

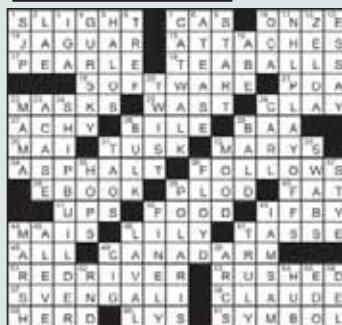
It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Swedish auto
5. "The World According to ___" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba ___ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. ___" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator Mr. Ericsson
36. Locomotive tracks
37. Hawaii's ___ Beach
38. Poet of the Yukon, Robert ___
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ___ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena ___
49. '70s sitcom family, The ___
53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy ___
59. "___-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia
65. Recommended strongly
66. Inputted info [abbr.]
67. Places
68. "Friends" friend **Down**
1. Finland, as Finns call it
2. Bottomless pit
3. Camel hair garment
4. Movie boxer Rocky's surname
5. Vintage muscle cars
6. Canadian ___ (Military force)
7. One bone
8. Play ___ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe ___"
12. Philharmonic gr.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8	9
4	2	8	3	5	6	7	1	9	3
3	9	1	8	2	7	6	4	5	
8	5	9	1	3	2	4	7	6	
2	7	4	5	8	9	1	9	3	
6	1	3	9	7	4	5	8	2	
1	8	6	2	4	9	3	5	7	
9	3	2	7	1	5	8	6	4	
7	4	5	6	8	3	9	2	1	

4	2	7	1	9
5				3
4	7	2	6	8
7		5		1
6	2	4	3	9
2	8			9
9	7	6	8	4
4	8	9	6	



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E. Indian/Nuggets	\$28.26/g
18k	\$26.10/g
Dental Gold (yellow)	\$21.23/g
14k	\$20.29/g
10k	\$14.48/g
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